

SUMMER FOOD

Bed and breakfast
hideaways: warm
hospitality and
home cooking

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Farmers markets:
an array of the
countryside's best
produce

Country suppers:
feasts of local
lobster and all the
trimmings



CELEBRATE SUMMER
Atlantic Insight's Food Supplement

Bed and breakfast places: the "people" business

by Lisa Ferguson



LIONEL STEVENSON/PEI TOURISM

Waking up to home-cooked muffins and jams, hot coffee and friendly people is the kind of hospitality that awaits visitors to Prince Edward Island when they stay at a bed and breakfast tourist home. But it doesn't happen by chance — bed and breakfast is a serious, growing business, especially in P.E.I.

"It's a people experience — that's the whole idea," says Doug Dalrymple, president of the Bed and Breakfast/Country Inn Association of Prince Edward Island. "People who stay at a bed and breakfast home share the beauty of the Island and its attractions, and also share in the lives of the people," he says. "When they sit down to enjoy a traditional Island home-cooked breakfast, they get involved with the family. They experience their way of life."

Who are the people involved in the Island's bed and breakfast industry? "Each place is different, with different people," Dalrymple says. "There are some in it just for the enjoyment of it, some who use it for extra income, and some who use it to make a living."

"I've never enjoyed doing anything more," says Marion Woodington, who's been operating Woodington's Country Inn in Sea View for 12 years. "I look forward to doing this every summer."

"We're enjoying it immensely," says Dora Lea of Vernon River. She and her husband Ralph started Lea's Bed and Breakfast 12 years ago. "We're a retired couple and we didn't want to part with our large home after the children left, so we decided to do this." The Leas meet and chat with people from all over the world.

"We enjoy meeting people, and they seem to like our hospitality," add Grace and Warren Thomas of Thomas's Bed and Breakfast in Mill River. They offer a special kind of welcome in their unique home that started as a log cabin in the 1800s.

As an industry, the bed and breakfast business in P.E.I. is more advanced than in the other Atlantic Provinces. It's been developing steadily since the group was formed six years ago by the tourism association and the provincial department of tourism. "We produce a brochure every year that lists all our members," says Dalrymple. "We'll probably put out about 30,000 this year to be distributed at tourist information centres in the province."

Bed and breakfast homes that belong to the association have distinctive brown and yellow signs displayed on the front lawns. There are 70 bed and breakfast homes and 14 country inns in the association. Like all tourist accommodations, they're licensed by the department of health. Bed and breakfast homes have a minimum of two rooms for guests, while country inns vary from four-bedroom homes to large summer resorts with as many as 40 rooms. But whatever size the

establishment, breakfast is always served — included in the rates or as an extra.

New Brunswick's bed and breakfast industry is just beginning and a bed and breakfast association like Prince Edward Island's has not been formed. P.E.I. is smaller, Dalrymple notes, "so we were able to organize province-wide a lot easier than it would be in a larger province."

Jack Syroid, executive director of marketing with Tourism New Brunswick, says if an association is to be formed in that province, the move should come from within the industry. "We'd certainly encourage the growth of any association that would contribute to tourism," he says, "but we think the thrust to get it going should come from interested people in the bed and breakfast field who share similar products and a similar future."

Syroid adds that while hotels and motels are still the backbone of the tourist accommodation industry, Tourism New Brunswick realizes the growing popularity of the bed and breakfast home. "We've just been watching the trends to see what kind of products are being taken advantage of, and I think P.E.I. has demonstrated there is definitely a market that is interested in bed and breakfast."

All bed and breakfast homes in New Brunswick are listed and classified in Tourism New Brunswick's accommodations guide. To be classified as a bed and breakfast in New Brunswick, a home must be privately-owned, with one or more guest rooms, and serve full breakfast.

"Most of our bed and breakfast places are located along the south shore," says Lynn Tompkins, a development officer with Tourism New Brunswick. "Many of them are older homes. They're nicely decorated, very cozy and very charming."

In Nova Scotia, several regional tourism associations work, independently and together, to promote the bed and breakfast industry.

Margaret Campbell, executive director of the South Shore Tourism Association lists 27 bed and breakfast homes from Tantallon to the Pubnicos, along what is known as the Lighthouse Route. These range from houses with two guest rooms to country inns such as the popular Boscawen in Lunenburg and the Whitman Inn near Kejimikujik National Park.

Each has its own appeal. Gramma's House at Port Saxon near Shelburne has been the home of owner Jean Turner's grandmother and great-grandmother. It has six guest rooms and serves supper as well as breakfast. Margaret Campbell says that the Cherry Hill Bed and Breakfast in Petite Riviere, Lunenburg Co., "even has its own cow and there's fresh cream every day" to pour over the peaches grown on the property.

The South Shore Association has developed a honeymoon package for the May to October season and Campbell says, "I've had 2,000 hand-written in-

quiries about it in just one year."

The Annapolis Valley also has a thriving bed and breakfast industry — 60 tourist homes plus numerous country inns and farm vacation spots. The usual stay is two or three nights, but owners also welcome those who stay one night.

Accommodations range from antique-filled rooms in the restored Old Stone House in Windsor, overlooking the Avon River, to the beachfront property of June Barkhouse — the Country Corner in Kingsport. The family-oriented General's Palace in Clementsvalle offers fishing nearby. It's owned by a retired couple, Ab and Ruth Ottinger, and Ab is in charge of making pancakes, a role he plays to the hilt.

If staying on an island is a fond wish, there's a 200-year-old home on Brier Island in the Bay of Fundy. Donald and Rosemary Eaton came to Nova Scotia from the Northwest Territories a few years ago, and are now operating Brier House, with three guest rooms, breakfast and

afternoon tea, for the second season. The island, home to 350 people, can be reached by two consecutive ferry rides, making it an hour and a half trip from Digby. But it's more than worth it for the flora and fauna and whale-watching described by Rosemary Eaton. "The rose hips are the size of crabapples," she adds, and you can pick wild mussels on the beach at low tide. The Eatons began serving afternoon tea because "so many senior citizens made the trip to get here, and then had nowhere to stop and rest." Rosemary has become famous for her scones and crumpets — reflecting her Scots heritage — served with jams she makes from wild island berries.

To stay at a Maritime bed and breakfast tourist home it's best to make reservations, especially during the peak season of July and August. P.E.I. and Nova Scotia have toll-free numbers for reservations. In New Brunswick there's a toll-free information line, but reservations must be made directly with bed and breakfast owners. ●

Bed and breakfast specialties

Fruit Muffins

- 1/2 cup butter
- 1 cup white sugar
- 2 eggs
- 1 tsp. vanilla
- 1 3/4 cup flour
- 1/2 tsp. salt
- 1 cup dates
- 1/2 cup peaches
- 1 tsp. soda
- 1/2 cup peach juice

Mix, bake at 400° for 15-20 minutes.
— from Dora Lea, *Lea's Bed and Breakfast*, Vernon River, P.E.I.

Apple Spice Muffins

- 1 cup melted margarine
- 1 cup oil
- 2 cups chopped apples
- 1 cup raisins
- 2 cups cream or milk
- 5 eggs, lightly beaten
- 3 1/2 cups sugar

Mix ingredients above, then sift together:

- 7 cups flour (1/2 whole wheat, 1/2 white)
- 2 tbsp. baking powder
- 2 tsp. salt
- 4 tsp. cinnamon
- 2 tsp. nutmeg

Stir dry ingredients gently into liquids, bake at 350° for 20 minutes.

— from Elinor Phillips, *A Different Drummer*, Sackville, N.B.

Home-made Granola

- 6 cups rolled oats (large flakes)
- 1 cup wheat germ
- 1 cup shelled sunflower seeds
- 1 cup shredded coconut
- 1 cup peanuts

- 1 cup vegetable oil
- 1 cup brown sugar
- 1/2 cup honey
- 1 tsp. vanilla
- 1/2 tsp. salt
- 1 cup raisins

Heat oil, sugar and honey, add vanilla and salt, then combine with remaining ingredients (except raisins), tossing to coat lightly. Spread in a large, shallow pan and bake at 275° for 30 minutes. Stir often to toast evenly and very lightly. Add raisins, let cool while stirring occasionally. Store in a tightly covered container.

— from Marion Woodington, *Woodington's Country Inn*, Sea View, P.E.I.

Brier House Scones

- 2 cups flour
- 2 1/2 tsp. baking powder
- 1/4 tsp. soda
- 1/2 tsp. salt
- 1/4 cup margarine
- 1 egg
- 3/4 cup buttermilk
- currants (optional)

Combine all dry ingredients (and currants if you choose). Beat egg with buttermilk. Cut margarine into flour mixture, mix in liquids. Separate in half and form into rounds about 1/2 inch thick. Place on baking sheet and mark into six parts with a knife — don't cut all the way through. (The sections are called "farls" in Scotland.) Brush top with beaten egg white and bake at 425° for 18-20 minutes. Serve warm, wrapped in a linen napkin, accompanied by clotted cream and home-made berry jams.

— from Rosemary Eaton, *Brier House*

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SUMMER FOOD

A Newfoundland hideaway

by Peter Gard

Annette and Lloyd Miller bought the Riverside Lodge in Trouty, Trinity Bay, Nfld., just three years ago. According to Annette, Lloyd came home with visitors so often that when the lodge went up for sale, it seemed like a logical purchase. "It used to be Annette never knew who I was bringing home," says Lloyd. "It was just as well for us to go into the business."

Managing the lodge is mostly Annette's affair. Lloyd has his hands full with fishing and running a small sawmill. The ever-active Millers also keep a farm and have a corner store and takeout attached to the up-river end of the lodge.

Lloyd used to work in construction and has built three boats in Trouty. His pride and joy is the spotless 35-foot *Karen Edwin*, named after the Millers' children. Any longer and there would be no room to turn the boat in the narrow river mouth which serves as Trouty's harbor. Lloyd regularly asks people he meets if they'd like a ride out with him while he checks his lobster pots and cod traps. "We enjoy people," says Lloyd. "Since opening the lodge, I can travel every part of the world and visit someone I know."



Riverside Lodge, as its name suggests, sits hard on the banks of the Trouty River. Angling is a popular pastime in Trouty — and no wonder. Locals claim that the sea trout and mud trout which gave Trouty its name are not as numerous as

Boiled Salmon with Egg Sauce

Simmer a whole salmon in its skin until the flesh turns flaky — about 20 minutes to a half-hour, depending on the size of the fish. After the salmon has cooled slightly, remove its skin and bones. Separate into good-sized pieces and place in a shallow baking dish. Pour egg sauce over the salmon and cover. Sprinkle with parsley flakes. Place in medium oven. Cook until the dish is thoroughly warmed.

Egg Sauce

Combine 2 cups milk, a sprinkle of salt, and a tablespoon of butter. Heat the milk mixture in a pan, being careful not to let the milk boil over. Moisten a quarter-cup of flour with a little water. Add the flour and water mixture to the milk, a tablespoon or so at a time, stirring all the while. Heat the sauce until it thickens. When the sauce is ready, chop up two hard-boiled eggs and add them to the sauce.

Annette Miller's Fish Cakes

Soak salt fish overnight. In the morn-

ing put it on a boil until the fish flakes — about 20 minutes. Remove the bones and skin, breaking up the fish as you go. Boil up an equal quantity of potatoes. Fry out a quarter-pound of scrunchions and a finely chopped onion (scrunchions are fat back cut into small cubes). Cook until brown.

Drain off the fat and reserve for another use. Mash the potatoes in a big bowl and add the scrunchions, onion and fish. Mix thoroughly. Form into small cakes about three inches in diameter. Fry the cakes in a small quantity of light vegetable oil. Serve piping hot accompanied by some favorite home-made pickles.

Partridgeberry Pudding

1/4 cup butter
1/4 cup sugar
1 egg
1 cup flour
1 1/4 cup partridgeberries
2 tsp. baking powder
Cream together the butter and sugar.

they once were — that is to say, they're no longer backed up the river like commuters in a traffic jam. Trouty was once so well known for trout that even the church had a trout weathervane. Nowadays, however, the trout of Trouty are best known for their attractive appearance in the frying pan.

The parlor of Riverside Lodge is dominated by a 55-year-old Esty organ, which still belongs to Hattie Toope, Lloyd's mother. When Hattie was 18, her father bought her the organ and had it shipped to the Ragged Islands, 20 kilometres off shore, where he worked as a lightkeeper. Hattie's Esty has seen a lot of territory since it was first winched up a cliff to the lighthouse. In addition to Trouty, it has followed the Millers to Trinity, Bonaventure and now-abandoned Kerley's Harbor, Lloyd's birthplace. When Hattie is visiting, Lloyd isn't shy about asking guests if they play.

Riverside Lodge, too, has seen its share of the countryside. The lodge's older half once stood in a tiny cove just outside Trouty, before it was moved to the riverbank site. It's a beautiful evening walk to this once populated cove, along wild cliffs and through dark woods. The houses are gone, but the meadows remain. With care, one can still trace out the foundations of the houses and root cellars.

Trouty itself is not an easy place to find, and, once there it's not an easy place to leave. Nearby is some of the best sight-seeing in Newfoundland. Historical Trinity is just eight kilometres to the north. The countryside south of Trinity is as wild and rugged as anywhere on the island, a veritable maze of cliffs and coves. Lloyd regularly takes interested visitors out to see the bald eagles nesting on Bonaventure Head. Others prefer whale-watching — or a day spent exploring beaches, coves and abandoned communities.

Whether the lodge's fish is served at the takeout or in the lodge restaurant, it's

bound to be fresh because Lloyd catches it himself. Annette's cooking is well known in Trouty, but she doesn't fuss much with meal planning. Usually guests suggest something they'd like. "If I know what I've got to cook, it doesn't bother me," she says. "I like to try different things. It's only for one to say what they would like and the rest usually say that will go over fine."

Lloyd says Annette's bread "is one of the top breads on the island." It is wonderfully firm and crusty. The only place, though, in the lodge that the dough rises to Annette's satisfaction is in the lodge office. Annette goes through three bags of flour a week making bread. "All the men come in from the fish plant," she says,

"and so do the men who bring the beer and groceries. If we were on the main road you wouldn't be able to serve home-made bread. 'We'd be drove off our heads'."

Annette says she learned to cook in "bits and pieces — some from home and some along the way." During the summer, boiled salmon dinners are the lodge's most popular dish. Annette likes to fill her plates and table with plenty of trimmings. The pickles are made by her cousin, but Annette makes everything else. It's no good asking, however, for her recipe for pineapple soufflé. She won't give it out as she's the only one she knows who makes it. Dinner guests who want a second taste know they'll just have to visit Riverside Lodge again. ●



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Add the egg. Sift a cup of flour into a second bowl along with 2 tsp. of baking powder and a pinch of salt. Add the partridgeberries and mix lightly. Add the partridgeberry and flour mixture to the butter and sugar mixture, bit by bit. Moisten with the milk whenever the mixture gets too thick to work easily. Pour into a square baking dish and bake at 350° for 30 to 35 minutes.

Custard Sauce

1 cup water
1/2 cup white sugar
1 tsp. butter
a shake of salt
4 tbsp. custard powder

Make the custard powder into a paste with a little water. Mix together the remaining ingredients and heat. Just before the water boils, slowly add the moistened custard powder while stirring. The sauce will thicken almost immediately. Serve with partridgeberry or blueberry pudding.



PHOTOS BY MATT VOHS

in Moncton, to Keltic Lodge in Cape Breton and to the Sawridge Hotel in Jasper, Alberta. Grand-Clement is now executive chef at the World Trade and Convention Centre in Halifax. Chiasson says he enjoys "passing on to students what I have learned and seen in my experience as a chef in Canada and in Europe."

Chiasson states that he is proud to work with the CIC and that the Institute has achieved its reputation without fanfare. He says that the Island's three main industries — agriculture, tourism and fishing — make it a perfect spot to nurture the world's most accomplished chefs-to-be. Fresh farm and ocean produce give CIC chefs the scope to create world-class recipes. It is the home of excellent meats, including Atlantic region lamb with its special flavor. He adds, "here on the Island, there is even an expert grower of herbs and spices and they also make terrific Dijon mustard." He's describing the Morley Pinsent family at High Meadow Farm at Breadalbane.

CIC director Barney Bree explains why the Institute was established three years ago. He says that according to a 1980 report by the hospital and food service industry, excellence in restaurant fare in Canada was found lacking. The training offered at the Institute addressed that need. He says "the core program, a two-year post-secondary culinary arts course, covers all aspects of food and beverage preparation, presentation, kitchen organization and service management skills."

"We're extremely proud today of the standards CIC students have attained. Atlantic Canada is showing national and international leadership in expertise with these CIC grads," Barney Bree adds, "Not only is that original need starting to be filled but CIC is showing other countries how it's done."

Bree should know... he's a fellow of the Canadian Hospitality Institute and of the Hotel Catering and Institutional Management Association of Great Britain. He's had 30 years of experience. He's cooked on luxury liners, and in hotel chains. "CIC is now in the top three chef training schools in the world," he says, "but we recognize skills already learned, so we also attract vintage cooks seeking chef de cuisine excellence. Our modular designed courses have continuous intake and exit of students. Students work in an industry setting. We stress creativity."

"The Culinary Institute has been designed to operate as a completely self-supporting business," explains Dr. Donald Glendenning, one of CIC's founders and president of Holland College on whose campus CIC is located. In 1986 it expects to generate enough sales and tuition revenue to cover its operating expenses. Economic spinoffs are already being felt in the area. It purchases over \$146,000 in local goods and services each year.

Recipe for the making of great chefs

by Barbara MacAndrew

Who is challenging the great chefs of Europe? A cosmopolitan crew of chefs de cuisine born in Atlantic Canada and trained at Charlottetown's Culinary Institute of Canada.

"We are now recognized as one of the top three chef colleges in the world," says CIC director Barney Bree. "But probably because we're a very young institution and located in P.E.I., some people in the business in Canada don't realize that we are. We intend to show them we train top chefs here in Atlantic Canada," adds Bree.

Instructor Richard Chiasson is one of the people responsible for the Institute's growing reputation — a reputation that attracts students from as far away as China and New Zealand. "We have a love of fine food prepared with a special flair," he says. "Creativity is combined with the wonderful produce of Atlantic Canada's land and sea." Chiasson's own background is Acadian. He says that students at the Institute have the opportunity to develop variations of dishes from most ethnic backgrounds.

Chiasson learned the basics of cooking at home in Caraquet, N.B. His mother, Doris Paulin Chiasson, worked in the "Flots Bleu" restaurant and his father, Médard, was also a fine cook who spent a few years on Canadian National trains. The Chiassons' six sons grew up enjoying the robust fare of an Acadian fishing village kitchen where fresh and salt fish were staple items on the menu.

While in his early 20s, Richard liked to experiment with exotic recipes and invited his friends to try these strange dishes. He says, "I enjoyed eating and had

a curiosity about food. I grew more fascinated with the art of cuisine and vowed to travel to learn from great chefs."

That ambition was realized after a year of training at the Moncton Community College school of cooking where Chiasson honed his skills in Acadian cuisine — preparation for a five-year career in several top European restaurants. The first was *L'Hôtel St. Albert* in Sarlat, in the Périgord region of France. During 1981 and 1982, Chiasson worked in Paris at *Le Boeuf sur le Toit*, a restaurant that was "very nouvelle cuisine," — a method of which the young chef was once a devotee. It is known for its variety of sauces and mixed dishes.

The Paris restaurant has a "three chef hats" rating (four is the top category), according to *Le Goût et Millou* guide book — similar to the *Guide Michelin* which awards the coveted stars or rosettes to deserving French restaurants. The *nouvelle cuisine* kitchen where Chiasson spent almost a year catered to eccentric gourmets and the Parisian artistic community. Two regulars were Catherine Deneuve and Jean-Paul Belmondo. It's a long way from the north shore of New Brunswick to Paris. Today he prefers "*cuisine naturel*," which is fresher and not as heavy. He says, "*cuisine naturel* with its low sodium, low fat... natural ingredients which are lightly cooked emphasizing spices rather than salt, has become my personal favorite."

Chiasson's mentor is French-born chef, Bernard Grand-Clement, with whom he spent four years as an apprentice, travelling to the Hotel Beausejour



Chiasson is helping build CIC's reputation

Glendenning points out that farm fresh produce and the ocean's lobsters, oysters, clams, mussels, scallops and sea trout are right on the Institute's kitchen doorstep. In addition "succulent strawberries and raspberries are only a few fields away. And the blueberry capital of Canada is nearby in Oxford, N.S. The Island has the world's best potatoes being used in exotic dishes?"

Among their peers, CIC-trained chefs are receiving national acclaim. During the 1985 "Taste of Canada" competition, a world-wide event for student chefs, the CIC trainees walked off with four gold, two silver and three bronze medals.

But the true test of ability takes place each day by high-hatted chefs in the CIC kitchens. In spotless white coats, they stir, shake, purée and baste amid gleaming stainless steel stoves and copper pots. Faces beneath the tall hats are of all ages and many nationalities. In the rose, beige and copper Lucy Maud dining room upstairs, an array of waiters and waitresses learn to anticipate diners' every wish as multi-course meals progress. Visitors to the Culinary Institute of Canada in Charlottetown find it hard to believe the gourmet meals are prepared and served by students.

Baked Quahaugs

An Acadian party favorite

2 lbs. fresh quahaugs
1 small clove garlic
1/4 tsp. chives
1 tbsp. white wine (optional)
1 tsp. bread crumbs
pepper to taste
(no salt is required, quahaugs have a natural salt taste from the ocean)

Shuck quahaugs, keeping shells; clean well and then dry. Cut them in small bite-size pieces. Crush and purée garlic. Mix well and sprinkle with chives and pepper. Fill empty shells. Sprinkle bread crumbs on top and drizzle with butter. Bake at 400° for 10 to 15 minutes. Serve with lemon wedge.

— from Richard Chiasson

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SUMMER FOOD

Pick of the crop

by Deborah Metherall

If you're tired of busy supermarkets — battling just to get an unbruised berry or not-so-mouldy vegetable — then try some of the more than 70 U-Picks in Nova Scotia. For city dwellers and suburbanites alike, just soaking up some good country air while picking fresh produce is an opportunity that's hard to resist.

U-Picks started up in the early '70s. Finding it difficult to get pickers to harvest their crops, some enterprising farmers developed the U-Pick concept. Why not open the fields for people to pick and pay for their own produce? They did, and it worked.

One of the largest U-Pick operations in the province is Orchard Hill Farm. Just outside Waterville in the Annapolis Valley, turn off onto a long driveway lined with shade trees leading to a big white farm house. Orchard Hill, run by the Banks family, has about 60 acres devoted to their U-Pick and vegetable stand operations. Between 30 and 40 varieties of vegetables are grown.

Corn is the number one big seller, says Kim Banks, who grows about 12 kinds. This year he's going to add strawberry corn, red in color and strictly decorative. But don't pass up his tasty yellow and white kernel corn. It's so sweet you'll need to add vinegar!

Nova Scotia is a paradise for berry lovers. Take your pick — literally — blueberry, strawberry, or raspberry. There's enough to provide back aches from the beginning of July to the middle of August.

With blueberry U-Picks, there's a choice of low bush or high bush. Low bush are found throughout the province growing wild. The berries tend to be small and full of flavor. The high bush berries, which are cultivated and bigger, are the type seen at supermarkets. High bush blueberries also grow wild in Yarmouth County, the bushes reaching the size of small trees.

On the province's south shore just outside Bridgewater is Max Wambolt's low bush blueberry farm. With nearly 20 acres of land he guarantees a good harvest. "We've just as many blueberries as black flies and just as many people coming down to pick them as mosquitoes," he says. Wambolt's U-Pick operation has been going a few years now, but he sells most of



ERIC HAYES

his berries to Graves. He says the berries have been pretty good in recent years and for this season, "Well, I don't know. That almanac lies worse than I do!"

Easier to pick than blueberries are strawberries, and Nova Scotia sports an abundance of these U-Picks. Gerald Hebb runs a 300-acre fruit and vegetable farm near Bridgewater. He devotes 12 to 14 acres for strawberry production alone. However, if he finds he has an excess of crops such as beans, he'll let you pick them too. In addition to strawberry u-picking, he allows stores to send in their own pickers to help harvest the crop.

Twenty miles outside Amherst between Oxford and Springhill, Mark Ripley runs a 22-acre strawberry farm. The operation used to be up to 50 per cent U-Pick and he had to send away hundreds of carloads of people. Recently, however, he's found the interest has waned. Some of the other strawberry U-Pick operators around the province agree. "Consumers see berries selling for 99 cents in the stores, and U-Pick prices are about 75 cents," says Ripley. "That's not a lot of difference. People now, I think, are spending more of their leisure time enjoying other activities such as the beach."

Jan Swinkels, owner of Barb's Berries, located ten miles from Truro, has six acres of strawberry plants. He's also

noticed a reduced U-Pick demand. "It's almost like a trend. The time for U-Picks, home gardens and back to the earth, has sort of dropped."

The Nova Scotia department of agriculture suggests that the strawberry U-Pick business has in fact not fallen off but that the producers have increased their acreage, and are then left with more berries unsold. Some growers say that the proliferation of U-Picks, as well as roadside strawberry stands outside city limits, means that each U-Pick is getting a smaller piece of the pie.

Despite these industry problems, Jan Swinkel says Barb's Berries is doing well. "We still have our regular customers and those people are real die-hard berry pickers. They pick the bushes clean and they enjoy doing it."

Raspberry U-Picks are on the increase in the province. William Barrow's Yorkshire Farm U-Pick, located seven miles from Collingwood, has three-quarters of an acre of raspberries for picking. That may not sound like much but when you get right down to it that's a lot of berries.

Barrow says raspberries are well suited for U-Pick as they are perishable, don't keep as well as strawberries in the store, and are best eaten when freshly picked. The season begins about mid-July. Barrow says the raspberry canes look good this year, so he's hoping for a bumper crop.

Tree fruits remain a popular U-Pick, and being easier to harvest are fun for the whole family. Springvale Farm near Berwick has apples, pears and sometimes even plums. The farm, owned by Paul Grimm, has 50 acres of orchard and about 20 per cent of that is devoted to U-Pick.

For something new, innovative and quite out of the ordinary in U-Picks, a trip to the Double H Farm outside Waterville may prove irresistible. The father and son team of Hector and Joe Hortie invite you to pick a bouquet of flowers — annuals or perennials — or if you prefer, they will cut them and even do a floral arrangement.

The herbs at the Double H Farm are a big drawing card for gourmets and picklers — basil, thyme, oregano, marjoram, dill, parsley, the list goes on. The herbs grow in the field and also in greenhouses. These are unheated greenhouses but they protect the plants to some degree from the elements and allow for a longer growing season — almost until Christmas for some varieties. "Restaurants have really tuned in to our operation," says Joe Hortie. "There's nothing like fresh herbs to enhance food and we sell to about 15 restaurants in the Halifax area alone."

The Double H Farm doesn't stop at flowers and herbs. There are two acres of raspberry canes for u-pickers, including a new variety this year which produces a purple berry and four acres of high bush blueberries, not to mention the apple orchards.

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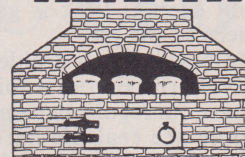
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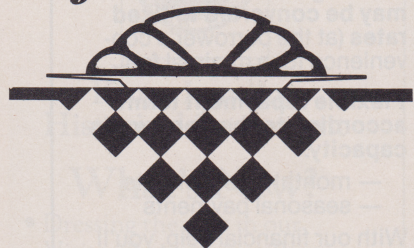
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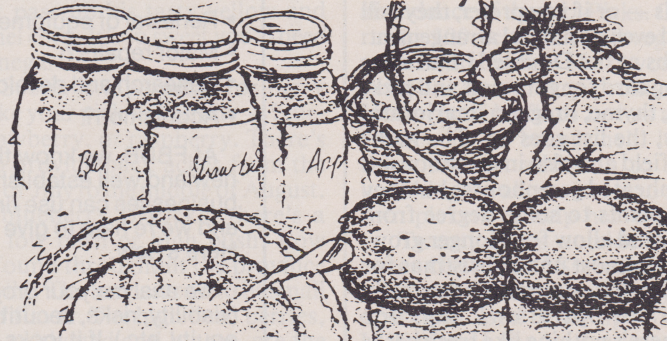


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Farmers markets: the country comes to town

City markets are a wonderful tradition, in some locations dating back a couple of hundred years. They bring together not only the varied produce of rural communities, but also the people, some of whose families have been coming to the cities with their specialties for several generations.

Never just an alternative method of shopping, a visit to the market is often a regular outing and weekly habit. For tourists, a bustling market offers a kaleidoscope of sights, smells and tastes indigenous to the area — meats and fish, fruits, vegetables and home-baked goods.

Visitors to the city of **Saint John** are charmed by its interesting marketplace. Spanning a full city block and embellished with ornate Victorian cast iron gates, the city market is both a provincial historical

site and the scene of daily transactions between vendors and buyers.

Opening and closing times are marked by the ringing of the bell by the deputy market clerk, one of the many customs that delight visitors. Open six days a week year-round, the city market is one of the oldest in Canada. The present building was begun in 1876 but the market has been operating since its Royal Charter was granted in 1786, when the city itself was incorporated. The seafaring nature of its artisans can be seen in an upward glance: the timbers supporting the roof form an enormous inverted ship's hull.

The market itself is a colorful hodgepodge of sights and sounds. Multi-hued flags hang gaily along the full 394-foot length of the building. Solemn mooseheads overlook the comings and goings at Dean's Sausages. They are a reminder of the game once sold in the market — bear, moose, deer and wild fowl. Carcasses once lined both sides of the central aisle and the meat hooks still remain, embedded in some of the stalls. Further down the aisle, fanciful, lifesize renditions of a zebra and a camel prance above passers-by. Old established vendors, such as Slocum and Ferris — 1895, contrast with young upstarts, such as the popular Pete's Frootique.

While tourists come to experience the market as a historical artifact, Saint John residents come daily for the produce. Open benches piled high with fresh fruits, vegetables, baked goods and flowers line the centre aisles, with little shops and restaurants tucked in along the sides. The

aisles in the middle of the building are reserved for the farmers, though none live within 30 kilometres of the city. On weekends, however, there are some who make the early morning trip to sell fresh eggs (duck and goose, as well as chicken), produce, home baking, fresh-killed rabbits and plump, spicy sausages.

Specialties of the market include world famous Grand Manan dulce, available in any quantity and shipped around the globe. Purchase a bag to munch on while wandering through the rest of the displays. The market boasts two excellent fish mongers, Lord's Lobsters and Nicholson's Corner. Here you can buy fresh Atlantic salmon, cod, halibut, squid, lobster and other shellfish.

Fiddleheads, in season, are beloved by New Brunswickers; other popular seasonal products are strawberries, blueberries, blackberries and cranberries. Maple syrup, sugar and candies are always waiting to tempt you, often sold by the same farmers who did the sugaring-off. Jars of Seville marmalade, with perky blue and white gingham caps, are presented by a local restaurant — Incredible Edibles — in conjunction with Pete's Frootique.

Along the perimeter of the building are the quaint establishments that conjure up an image of the market of 100 years ago. Slocum and Ferris is an old-fashioned general store that sells everything from soup to nuts. Here, you can warm yourself by the pot-bellied wood-burning stove while savoring aromatic delicacies and chatting with the cheery women in white coats behind the counters. Especially delicious are the five types of cookies, home-made fish cakes, date squares and brownies.

Jeremiah's Deli also has an inviting wood stove. The young people tending the shop make a variety of deli-style sandwiches and serve up heaping cones of creamy Sussex ice cream. Vern's bakery, next door, is a cozy little place with the enticing scent of fresh baked goodies. Specialties here include six types of bread, bagels, whole wheat tea biscuits and sweets.

The Saint John city market presents a feast for both the eye and the palate. Its uniqueness stems from its existence as



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The Saint John market is a colorful blend of sights and sounds

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Chipper Peanut Butter Cookies

1/4 cup butter
1/4 cup shortening
1/2 cup peanut butter
1/4 cup granulated sugar
1/2 cup brown sugar
1 egg
1 1/4 cup flour
3/4 tsp. baking soda
1/4 tsp. salt
1 six-ounce package chocolate chips

Mix in order given. Bake at 350° for about 12 minutes. Makes approximately 3 dozen.

— from *Slocum and Ferris*

Harrods of London may boast of selling everything from a safety pin to an elephant, but the **Halifax City Market** doesn't fall short of the mark either — providing goose eggs to Grand Marnier truffles.

The market, founded in 1750, is the oldest existing institution in the city of Halifax, and predates the market in Saint John. But it has never had a permanent location and has always been shoved around... in fact it has moved more than a dozen times in its 230-year history.

At present there are 25 to 30 vendors, located in the Brewery Market in Halifax. This restored series of stone buildings on the city's waterfront, once the brewery of Alexander Keith and Sons, plays host to fine boutiques and eateries and, early Friday and Saturday mornings, the farmers market. As you stroll past the stalls, there are plenty of temptations — from steak and kidney pie at one end to smoked salmon at the other.

Mary Ann LaPierre, president of the Halifax city market, says her family has been selling their produce at the market since the turn of the century. In her time she's noticed a big change in the clientele. "With the years seems to have come a younger shopper, interested in a variety of non-traditional foods such as sugar peas, Belgian endive, hydroponically grown watercress and bibb lettuce. Twenty years ago it was basically carrots, potatoes and turnips." She says that people are now more concerned about produce that's been sprayed, and want to know whether it's organically grown.

Most of the vendors at the city market are small farm operators or have cottage industries, allowing them to really cater to the customer. Don Denison, who sells homemade jams says if you taste his orange marmalade you'll notice it contains no rind. He explains that if you wear dentures, biting into rind is the last thing you want to do first thing in the morning. But he doesn't compromise on quality — his wide assortment of jams have 50 years of tradition behind them.

And if you have a sweet tooth, you

won't make it past Marge Ross's truffle table. Delicately displayed in a wooden cabinet covered in glass is an impressive array of multi-flavored truffles. Beside them are gaily-colored chocolate lollipops shaped like daisies, roses, and tulips. There are colorful centrepieces for the dining table, as well as baskets of tiny chocolate "care-bears."

Ross, who works out of her kitchen at home, delved into the truffle industry last September. "My work is very labor-intensive but the city market has a real cross-section of people, which I enjoy. They come to chat, give me suggestions, and one woman even re-arranged my table... don't worry — she had one idea that really worked."

Next door to Marge Ross' table are her in-laws and their Seabright smoked salmon. With an entrepreneurial spirit and "waste not" philosophy, the Krasemanns use the remnants of their salmon to make smoked salmon pâté and salmon butter. Tony Krasemann makes salmon fish cakes, and his son, Simon, is experimenting with smoked oysters and smoked mussels. They also bring in Kurt's smoked meats of Bridgewater, which are in great demand because they are nitrate free.

The Halifax city market is not without international flair. Willem and Maja van den Hoek's Dutch cheese is in great demand to say nothing of Maja's breads and coffee ring. The gouda cheese from their farm in Lower Economy is made with raw whole milk without preservatives or coloring agents. They have a wide variety of spiced goudas including cumin, clove, and one that's a mixture of thyme, basil, and dill.

Nearby, against a stone wall sporting a large Union Jack are the Melton Mowbray and steak and kidney pies of Cliff and Valerie Tyner. These pies, which have long been an old English tradition, are sold alongside home-made English relishes and chutneys.

The globe is well covered at the Halifax city market. Chinese and Portuguese foods are also available. From the exotic to the basic — side by side with foreign cuisine are goose eggs, goats milk, fresh farm butter, and Nova Scotia lamb.

Food is not all that's sold. Bedding plants show up in abundance towards the end of May. Small shrubs become available as well. The market has local crafts, woven baskets, children's furniture and trollies for carrying firewood.

The farm market concept is increasing in popularity right across the province. Nova Scotia can now boast of a dozen farmers markets as unique and diversified as the products they sell.

Browsers at farmers markets in **Prince Edward Island** probably know little about the markets' historic significance in the province.

"The first farmers market was established in the late 1800s, when the land where Confederation Centre is today was granted to the farmers by Queen Victoria," says Carole Huntsberger, treasurer of the Charlottetown Farmers Market



P.E.I. markets attract tourists and Islanders

Co-operative Association Ltd. "We're just carrying on that tradition."

Association president Jean Mutch, who runs Burnstrath Gardens and Crafts in Mount Herbert, says the current Charlottetown market is probably the fourth to be established in the province. "There were other Charlottetown markets, but this group started ten years ago. We were a small group of farmers or farm-related people who saw the need to establish another market," she says. "We started in the Eaton's parking lot in the summer months, then in the winter we moved to the Farm Centre."

Today the market, the only one in Charlottetown and the largest in the province, operates out of a building on Belvedere Avenue. There are about 30 to 40 year-round vendors, who come from as far as 60 miles away to take part.

"We're a collection of farmers and gardeners in a co-operative selling space," says Carole Huntsberger. "We've made the shopping centre idea available to ordinary people."

The Charlottetown farmers market operates from 9 a.m. to 2 p.m. on Thursdays and Saturdays in June; on Tuesdays, Thursdays and Saturdays in July and August; and on Saturdays the rest of the year. Hundreds of people crowd into the market building during the day to shop for fruits and vegetables, meats, eggs, home baking and crafts.

"Most of us are gardeners and craftspeople rather than big-time farmers," he adds. "It's different to be involved in this — to bring your product from the seed to the frying pan."

Another P.E.I. farmers market — this one in Summerside — was started five years ago. It's the second largest in the province, says market chairman Paul Offer, a fresh vegetable grower who operates The Doctor's Inn and Organic Market Garden in Tyne Valley. "I started selling off the back of my truck behind Holman's

Wild Blueberries

... The Perfect Muffin Stuffin'

Blueberry Maple Muffins with Streusel Topping
Yield: 12 muffins

375 ml all purpose flour	1 1/2 cups
50 ml sugar	1/4 cup
15 ml baking powder	1 tbsp.
2 ml salt	1/2 tsp.
50 ml melted butter or vegetable oil	1/4 cup
1 egg, beaten	1
125 ml milk	1/2 cup
125 ml maple syrup	1/2 cup
175 ml quick oats	3/4 cup
250 ml wild fresh or frozen blueberries	1 cup

Streusel Topping:	
30 ml butter or margarine	2 tbsp.
30 ml brown sugar	2 tbsp.
5 ml cinnamon	1 tsp.
50 ml finely chopped walnuts or other nuts	1/4 cup

Sift and mix together flour, sugar, baking powder and salt. Blend butter, beaten egg, milk, syrup and oats. Stir into dry mixture until all ingredients are just moistened. Fold in blueberries. Fill well-greased or lined muffin tins 2/3 full with batter. Dot with Streusel Topping. Bake at 200°C (400°F) 35-40 minutes.

Topping:
Melt butter in small saucepan, stir in sugar, cinnamon and nuts. Blend well.



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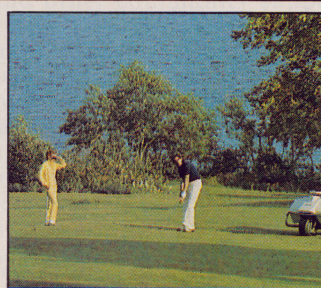
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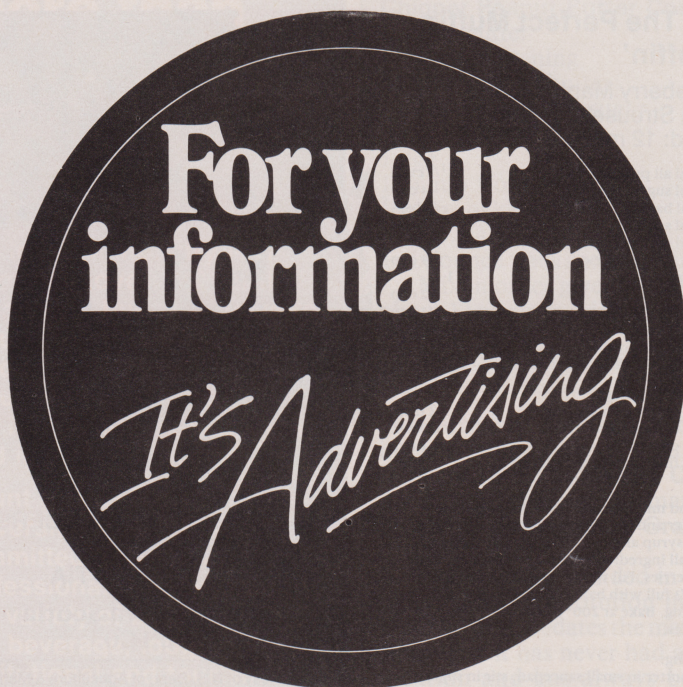
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department store,” he recalls, “and by the end of the year there were four of us selling.”

Farmers markets had long been part of Summerside's history and the chamber of commerce encouraged the return of a tradition. The new market opened in 1982. “It went great,” Offer says. “We ended up with 15 vendors that year, and it's gone fairly smoothly since then.”

And things are going well for Paul Offer himself. He takes vegetables to both the Summerside and Charlottetown markets. “I'm trying to expand my sales and make a living from the markets,” he explains.

The Summerside market is open on Friday afternoons from May to Christmas, and also on Tuesday afternoons in the summer months. “August is the busiest month because all the popular crops are harvested and the tourists are still around,” says Offer. The market is about one-quarter the size of the one in Charlottetown, but it has just as much variety. “About the only thing we don't have is meats,” he says.

Farmers markets can also be found in Bloomfield, Wood Islands, Montague and Souris. They add “a little ruralism” to the towns, Offer says. “We bring the country people into the town to meet the city people.”

Carrot Cake

$\frac{3}{4}$ cup mazola oil
 $1\frac{1}{2}$ cups white sugar
3 eggs
3 heaping tsp. cinnamon
1 tsp. baking soda
pinch salt
1 cup grated carrot
 $\frac{1}{2}$ cup crushed pineapple
2 cups flour

Cook for one hour at 350°. Makes two good-sized loaves.

Icing

1 package cream cheese
2 cups icing sugar
1 egg

— from Shirley MacNevin, *Shirley's Country Cooking in Clyde River, Charlottetown Farmers Market*

Lime Marmalade

6 limes
10 cups water
10 cups sugar
1 box pectin

Wash limes in hot soapy water to remove oil-base sprays. Rinse and repeat. Slice, then remove the seeds. Soak for two hours, cover, then simmer until tender (about one hour). Add pectin and bring to a boil, then add sugar and bring to a full boil for two to three minutes. Skim off the foam, pour in hot jars and seal.

— from Carole Huntsberger, *Carole's Bread and Jams, Charlottetown Farmers Market*

Written by Marilyn Rudi in Saint John, Deborah Metherall in Halifax and Lisa Ferguson in Charlottetown

Luscious lobster suppers

by Lisa Ferguson

Country suppers — the phrase conjures up visions of steamed lobster dripping with butter, home-made rolls, fresh garden salad and melt-in-your-mouth desserts. During Prince Edward Island's tourist season, such a feast is easily found, and for a reasonable price, at church halls and community centres.

The famous suppers that tourists from all over the world seek out are those served up banquet-style in small towns such as New London, New Glasgow (P.E.I.) and St. Ann's. "We have a very international array of visitors — Europeans, Japanese, Australians, New Zealanders," says Hedy Ochsner, manager of the St. Ann's Church Lobster Suppers, located on Route 224 near Cavendish. "We also get a lot of people from the States as well as from throughout the Maritimes. And I'm amazed at the number of repeat visitors."

Twenty-two years ago, the St. Ann's supper became the first organized church lobster supper on Prince Edward Island. It all began when Father Dennis Gallant from South Rustico, rector at the Roman Catholic parish of St. Ann's, decided the church could use the money raised through lobster suppers to pay off its debts.



PAT CANOVA/PEI TOURISM

Hedy Ochsner manages a booming business

"The church was ten years old and had a very heavy mortgage," Ochsner says. "Restaurants were scarce in this area, so he said, 'Why shouldn't we start a lobster supper?'"

"We got off to a slow start — one day a week for the first year, and a commercial kitchen was almost non-existent in the church hall," says Ochsner. That first year, all the work was done by volunteers, who also helped supply the pies, rolls and sweets served with the main course. The next year, the suppers were held two nights a week and Father Gallant was able to pay the workers five dollars a night for their help.

Gradually, the church group reached the decision to become a full-time operation, from 4 p.m. to 8:30 p.m., June 23 to September 13. They were able to pay their workers minimum wage. Father Gallant persuaded several firms to extend credit to enlarge the kitchen and buy equipment and dishes. Father Gallant left the parish in 1975, and succeeding priests ran the suppers until Hedy Ochsner took over in 1981 because the priest was also busy with his Summerfield parish.

By the time she became involved, Ochsner says, "it was a booming business. It was just crazy — we had 1,000 people in here one day in the height of the season." The church hall has seating for 275. "We have 500 to 600 people a day several times a season," says Ochsner. "I don't know how we do it, but no one is rushed through their meal."

What's the magic formula that St. Ann's and other community supper organizers have found to please so many eager diners? Excellent food, excellent service and good dollar value are part of it. But most establishments also offer more than just the fresh lobster: other seafoods, steak, ham, turkey, chicken and beef. The trimmings include juice, salads, beverages, vegetables, chowders and home-baked rolls, pies and strawberry shortcake.

"We're very well-renowned for our home-made seafood chowder," Ochsner says. "People come here for that — they love it." At many community suppers, visitors can get second helpings on everything except the main course. "In this business you have to be generous — that's my motto," says Ochsner.

St. Ann's has a special added attraction for its diners. "We have a profes-

sional organ player and vocalist, Con Zaat. He's been with us for about 14 of our 22 seasons." Ochsner says he plays everyone's favorites, from quiet background music to roaring singalongs. "He has a Hammond organ and it sounds like an orchestra playing in there."

All proceeds from the St. Ann's suppers go back into the parish. "We make money to maintain the church." The money raised so far paid off the church's mortgage in 1972. Just last year, the suppers funded new siding, a new entrance and roof and wall repairs. "There are only 90 families in this parish," Ochsner says, "and if we had to exist on the collection, we'd all have to give more. About two-thirds of the church revenue comes from the suppers."

This is the rest of the formula — it's all for a good cause. That country suppers are such a success is due in no small measure to fine country food served in the right spirit — the warm spirit of Island hospitality.

Church Supper Shortcake

72 eggs, beaten
24 tsp. baking powder
18 cups sugar
18 cups flour
12 tsp. salt
24 tsp. vanilla

Beat eggs, sugar and vanilla. Add dry ingredients and beat until the batter is smooth. Bake at 325° for 25 minutes or until golden brown. This shortcake freezes well.

— from St. Ann's Church Lobster Suppers

Home-made Mayonnaise

9 cups white sugar
1 cup flour
5 tsp. salt
9 tbsp. dried mustard
9 cups vinegar
27 whole eggs or 54 egg yolks

Mix dry ingredients thoroughly, then slowly add wet ingredients. Cook in a double boiler until it reaches a good consistency (like lemon pie filling). Cool as quickly as possible in a cold water bath.

Before serving, dilute with canned milk until runny. This mayonnaise has a very short fridge life. (One-third of this recipe makes 64 oz.)

— from St. Ann's Church Lobster Suppers

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Limit of three entries per person. Each entry must carry your name, address, phone number, and picture location.

You can enter color transparencies; or color or black-and-white prints to a maximum size of 8" x 10".

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Contest closes July 31, 1986. Winners will be notified, and winning entries published in the October issue of *Atlantic Insight*.

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